



1

Time on your hands

READING | Gapped text

→ Student's Book, pages 4–5

1 Read the article and then write the correct letter (A–G) to complete the descriptions.

- 1 In paragraph ____ the writer explains an activity where you have to write and perform something.
- 2 In paragraph ____ the writer describes activities that you can do at home with your mates.
- 3 In paragraph ____ the writer introduces an activity that involves physical activity and technology.
- 4 In paragraph ____ the writer describes learning something that could help you get a job.
- 5 In paragraph ____ the writer talks about making the most of local events and cultural activities.
- 6 In paragraph ____ the writer introduces the topic of the article.
- 7 In paragraph ____ the writer explains the advantages of doing a physical activity.

2 Read the sentences in Exercise 3 taken from the article. Underline all the pronouns and reference words and phrases.

3 Read the article again. Choose from sentences A–G the one which fits each gap 1–6. There is one extra sentence you do not need.

- A Not only that, but it's great for reducing stress, keeping the brain active and improving your strength and flexibility.
- B It's a valuable skill too, and one which could lead to a great career or allow you to earn some money.
- C It's basically treasure hunting with gadgets in places of interest or natural beauty.
- D The idea of this is for you all to try ones you don't have or haven't used for ages.
- E They are a fantastic opportunity to get experience of taking part in live shows.
- F This involves learning a skill that everyone will find useful.
- G They often have the best information about free and cheap events in your area.

4 Find words or phrases in the article which match these definitions.

- | | |
|--|---------------------|
| 1 able to be easily got | (paragraph A) _____ |
| 2 a fortune | (paragraph A) _____ |
| 3 wanting to be more successful than other people or win | (paragraph B) _____ |
| 4 something that is necessary | (paragraph D) _____ |
| 5 give something and be given something else instead | (paragraph D) _____ |
| 6 a way in which emotion or energy can be expressed | (paragraph E) _____ |
| 7 places where an activity or event happens | (paragraph F) _____ |
| 8 improving the quality, amount or strength of something | (paragraph G) _____ |

TIME FOR SOME FUN



A When you have time to yourself, you probably hang out with friends, go to the cinema or go shopping – but what about when you fancy doing something new and exciting in your free time that's not expensive? Finding activities that are fun, accessible and don't cost the earth is impossible, right? Wrong!

B If you want a night in with a difference, invite a group of friends round for a games evening where each person has to bring a board game or video game. **1** If you think they're just for kids, think again – you'll be surprised at how much fun it is and just how competitive people can be!

C Get out and about in your community! Check local newspapers and find out what's going on. **2** You might be surprised at the range of events on offer, from music festivals to food tasting, park runs to free films. There really is something for everyone! Go online and find out about local museums and art galleries – and then visit one.

D For fans of the outdoors, geocaching is a must. **3** You use the GPS (global positioning system) receiver on a smartphone or GPS device to find 'caches'. These are small waterproof containers holding a log book (that you sign to show you found it) and small inexpensive objects that you can swap with something you have brought along. It's free to sign up to most geocaching websites and there are over 70,000 geocaches hidden in the UK alone. Just sign up, choose the cache you want to find, log the coordinates into your GPS and off you go. You'll explore some amazing locations, get fit and have fun with technology all at the same time!

E If you aren't sporty, then dance is a great form of exercise. It can be as simple as dancing along to your favourite tunes at home alone or with friends. If you want to learn a specific style such as Salsa or Hip Hop but can't afford lessons, there are thousands of tutorials on YouTube or sites such as LearnToDance. However, going to a dance class is very sociable and you meet new friends with similar interests. One thing is clear, though: dancing has many benefits. You learn new skills which can help increase your self-confidence. **4** In addition to getting you fit, it's a great creative outlet.

F Talking about creativity, if you enjoy performing, why not have a go at an open mic night? These are free events where audience members can perform poetry, rap, music or comedy at the microphone. They're usually held at venues such as libraries, cafés, theatres or bookshops and performers usually sign up in advance for a time slot, so that everyone gets a chance to have a go. **5** Participants say open mics are fun and sociable, and research shows that getting creative is really good for you. It helps you express yourself, reduces stress and makes you a better problem-solver.

G Another way of challenging yourself and enhancing your problem-solving skills is to learn to code. Writing computer programmes and apps really isn't that difficult. There are free lessons in various scripts and languages online on sites such as Code Academy and Coursera. **6** Become proficient and it will not only look good on your CV, it will give you more job opportunities too. You never know, you could become the next Bill Gates!



1 Complete the table with the words in the box.

accommodation | actors | advice | courses | exercise | experience | fear | film-makers | films
friend | glasses | gym | idea | internet | jeans | leisure | paper | shopping | tea | theatre | wood

Singular countable nouns	Plural countable nouns	Uncountable nouns	Nouns that can be countable and uncountable

2 Choose the correct answers. If no word is necessary, choose the dash (-).

www.timetoget ...

Time to get active!

You should definitely do (1) **a / an / - / the** physical activity in your free time. As you know, (2) **a / an / - / the** exercise is important because it keeps your body healthy and reduces (3) **a / an / - / the** stress. However, you should think why and how you exercise. Sometimes, (4) **a / an / - / the** people go to (5) **a / an / - / the** gym to work out for hours and they build (6) **a / an / - / the** really strong body, but they don't need such (7) **a / an / - / the** strong body for (8) **a / an / - / the** kind of life they lead. Exercise has almost become (9) **a / an / - / the** addiction for them. Others buy (10) **a / an / - / the** gym memberships, but never use them. Really, (11) **a / an / - / the** most important thing to think about is how to make exercise (12) **a / an / - / the** integrated part of your life – that means it fits in with everything you do in a balanced way. Do a sensible amount – that way, you'll be fit and enjoy it!

1 Write one word in each gap to complete the sentences. The first letter is there to help you.

- If you read the credits after the film, you'll see who wrote the s_____. The dialogues were excellent!
- Don't forget to watch Channel 1 tonight, they're going to b_____ my documentary!
- There are some fantastic actors in the c_____ of that play.
- There aren't many people in the a_____ tonight. Will they cancel the performance?
- The Olympic Games were transmitted around the world by s_____.
- A film p_____ makes all the necessary practical and financial arrangements so the director doesn't have to do that.
- What's your favourite TV p_____? I love *The Simpsons*!
- I always laugh when I watch that TV show, it's a great s_____.
- Game of Thrones* is a popular TV s_____. I've watched every episode!
- There's nothing on this TV c_____. Let's see if there's a film on another one.
- That play was a complete f_____ – very few people bought tickets, so they cancelled it.
- Do you ever watch TV on d_____? You sometimes have to pay, but you can watch some great films and programmes weeks after they've been on TV.

2 Choose the correct answers.

- Don't sit _____ a boring programme, switch the TV off!
a) through b) up c) out
- We're going to _____ the plays we've written at our theatre group.
a) take up b) turn over c) act out
- I like to _____ with my friends at the weekend. What about you?
a) hang off b) chill out c) come out
- This project is _____ up too much of my free time. I need to finish it soon!
a) making b) taking c) turning
- I don't want to watch any TV tonight, let's just _____ out and listen to music.
a) sit b) come c) hang
- What's on the other channels? Let's turn _____ and see.
a) over b) up c) down
- What time does the new Bond film _____? I can't wait to see it.
a) take out b) come on c) go out

3 Complete the texts with the correct form of *do, have, make* or *take*.

Fun in the park

Not sure how to spend next Saturday? Don't just (1) _____ nothing all day – head on down to the park!

If you want to (2) _____ a good time and really (3) _____ a difference, then volunteer at the fun run to raise money for *Children in Need*. The organisers are looking for people to give out water and food at the end of the run. If you don't fancy that, then you could (4) _____ part in the race. You can run or walk the five kilometres and it will be well worth (5) _____ the effort. If you haven't been training, then (6) _____ your time – don't try to go too quickly or you could hurt yourself. Just (7) _____ your best! Don't forget to get some sponsors!

Holiday time!

Summer is here and it's time for you to (8) _____ a holiday! Everyone needs to (9) _____ a break, so why not (10) _____ yourself a favour and (11) _____ some time off from studying? Even if you (12) _____ lots of work to do before going back to school, you'll get through it more quickly after your holiday!

1

GRAMMAR 2 | Quantifiers

→ Student's Book, page 9 → Grammar reference, Student's Book, page 148

1 Read the text below and choose the correct word or phrase for each gap.

WHAT DO TEENAGERS DO WITH THEIR FREE TIME?

Have you got (1) _____ idea what the answer is? If you think that most teenagers are lazy and that only (2) _____ have hobbies, then think again. In a recent survey, over 3,500 16–19-year-olds answered that question. The results show that (3) _____ them want to do more positive things with their free time. (4) _____ of the teenagers are involved in activities such as football, dance and music – 72% in fact. The biggest problem is that (5) _____ teenagers have access to opportunities – 90% say they hang out at

home because there is nothing to do in their area. One option might be for all teens to volunteer. At present just (6) _____ teenagers volunteer – only 8%, but the good news is that around 20% more are keen to do the same. Another option is clubs for teenagers. Many parents believe that (7) _____ teenager should be able to go to a special club if they choose to. As for teenagers being lazy – (8) _____ have part-time jobs (around 20%) and many more would if they could find employment.

- 1 a) any b) many c) much
2 a) few b) a few c) a little
3 a) most b) most of c) lots
4 a) Several b) None c) Lots

- 5 a) few b) a few c) most
6 a) several b) a few c) most
7 a) every b) every one of c) each of
8 a) both b) all of c) some

2 Complete the sentences with the words in the box. There are some extra words you do not need. If there is more than one correct answer, write both answers.

both / both of | each / every | few / a few
little / a little | neither / neither of

- 1 I've only got _____ time before my t'ai chi class, so I can't chat now.
2 _____ my sisters love watching films at the cinema. They go every week.
3 The teacher wasn't very happy because only _____ of the students had remembered to bring their homework.
4 I didn't know that _____ them likes football. They can't stand it!
5 Almost _____ actor in the play is British – only one is American and the others are from England and Scotland.

3 Complete the second sentence so it has a similar meaning to the first. Do not change the word given. Use two to five words, including the word given.

- 1 There was only a bit of information about the programme. **MUCH**
There _____ about the programme.
2 You can give the money to Jane or me. **US**
You can give the money to _____.
3 I hope they arrive soon. The film starts very soon. **MINUTES**
I hope they arrive soon. There are _____ left before the film starts.
4 Tom didn't invite many of the actors to come to his party. **A**
Tom only invited _____ to come to his party.



1 Read sentences a–e. Are the underlined answers grammatically possible? If not, explain why and say what kind of word is needed in each gap.

- a) Grace first became interested in kayaking when she went on a sports course _____ with her family.
- b) Unlike traditional kayaks, Grace's kayak is made of two people, _____ so it isn't heavy.
- c) The first thing the instructor taught them was how to stay calm _____ in the water.
- d) When you go white-water kayaking, you have to depend on other people, _____ so Grace isn't sure it's for her.
- e) For Grace, winning competitions is delighted _____ than enjoying kayaking.

2 Read the sentences in Exercise 3. Think of words or phrases that could fill each gap.

3  **01** Listen to a young woman called Grace talking about learning kayaking as a free-time activity. For questions 1–10, complete the sentences with a word or short phrase.

Grace first became interested in kayaking when she went on a (1) _____ with her family.

Grace uses the word (2) _____ to describe her parents' attitude to her hobby.

Now that Grace is a member of a club, she goes kayaking most (3) _____ and enjoys it even when it's really cold.

Unlike traditional kayaks, Grace's kayak is made of (4) _____, so it isn't heavy.

When Grace went in a two-person kayak, she found it (5) _____ because you have to paddle at the same speed as someone else.

Grace's instructor taught them how to stay (6) _____ in the water and then they learnt to move the kayaks in different directions.

Grace is considering doing some white-water kayaking (7) _____.

When you go white-water kayaking, you have to (8) _____ what to do very quickly, so Grace isn't sure it's for her.

It's hard to maintain the (9) _____ to get up early and go to the gym when she's training for competitions, but her instructor encourages her.

For Grace, winning competitions is (10) _____ than enjoying kayaking.

1 Complete the sentences with the words in the box. There are four extra words you do not need to use.

average | ever | general | in | involve | least | normal | normally
often | on | quite | routine | sometimes | three | twice | usual

- 1 Even though I see my friends at school, we chat on social media about _____ times a week.
- 2 In an _____ day, I study for two or three hours in the evening.
- 3 I don't _____ have much free time because my studies keep me very busy.
- 4 In _____, I like to sit on the sofa and read a good book or just watch a film on TV.
- 5 When I don't have school, I spend at _____ two hours a day playing video games.
- 6 I don't have a fixed _____ at the weekend – it depends on what my friends want to do.
- 7 I don't _____ go to the theatre because none of my friends are interested in it and I don't want to go alone.
- 8 My Sundays always _____ playing football because I'm a member of a local team.
- 9 My parents are extremely busy, but we go out to eat with my grandparents about _____ a month.
- 10 I'd say that in a _____ day, I spend the evening listening to music or meeting friends.
- 11 _____ average, I go to the cinema once a month if there's a good film on.
- 12 I meet up with my friends _____ often and we do activities together in our free time.

2 Choose the correct response to the questions.

- 1 How much free time do you usually have in the evenings?
 - a) Only an hour or two, really.
 - b) I'd say once or twice.
- 2 How do you like to spend your free time?
 - a) Yes, I like taking a break.
 - b) I prefer to be outdoors, playing sport.
- 3 What do you do with your friends?
 - a) Most of us like to meet up at a café.
 - b) It's different to my normal routine.
- 4 How much TV do you watch in a normal day?
 - a) Not a lot – only an hour or two in the evening.
 - b) Quite often, actually.
- 5 What do you really dislike doing in your free time?
 - a) I don't ever have much to do.
 - b) I really don't like staying at home.
- 6 Do you ever feel that you waste your free time?
 - a) I'd say that happens sometimes.
 - b) I rarely have time for my hobbies.

3 Write your own answers to the questions. Record your answers.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

1

USE OF ENGLISH | Word formation | Open cloze

→ Student's Book, page 11

1 Complete the table and answer the questions.

- 1 What are the negative forms of the adjectives?
- 2 Are there any repeated noun or adjective suffixes?

Verb	Noun	Adjective
satisfy	_____	_____ / _____
educate	_____	_____ / _____
impress	_____	_____
create	_____	_____
depend	_____	_____
act	_____	_____
-	_____	able
-	health	_____

2 Write a form of the word in capitals in each gap to complete the text.**AN ESSENTIAL SKILL**

Are you looking for a new free-time (1) _____? You might want to consider learning to cook! Having the (2) _____ to cook is an important life skill. Learning how to cook can give you a great sense of (3) _____ because you know you can take care of yourself. This definitely helps when it's time for you to leave home! It's great for your social life too – inviting some friends round for a meal you've prepared is pretty (4) _____ and you will find that producing something from raw ingredients gives you great (5) _____. Trying new recipes is a great opportunity for you to develop your (6) _____ in the kitchen and learn what flavours you really like. Apart from the pleasure you'll get from cooking, your meals will be much (7) _____ than packaged foods and pre-prepared meals. Learning to cook should be part of every young person's (8) _____!

ACTIVE
ABLE
DEPEND

IMPRESS
SATISFY
CREATE

HEALTH

EDUCATE

1 Choose the correct words.

In an article ...

- 1 the style should be **fairly informal** / **very formal**.
- 2 you **should** / **shouldn't** address the reader directly and use imperatives.
- 3 you may have to describe something and then give **an explanation** / **an opinion**.

2 Read the article and find examples of the following:

- | | |
|--|--------------------------------------|
| 1 three rhetorical questions | 3 imperatives |
| 2 five sentences or phrases with exclamation marks | 4 words or phrases to sequence ideas |

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Have you ever wanted a hobby you could take with you anywhere? If so, you might want to try listening to podcasts. There are podcasts on just about anything – there really is something for everyone. It's great fun when you get into it!

You only need your phone, MP3 player or tablet. I'd recommend using your phone as it's really convenient and you can download podcasts directly to it so you don't need to be online while you're listening. To get started, download one of the many free podcast apps onto your phone. After that, all you need to do is search for the things or people you're interested in. It's as easy as that! Take my advice and buy yourself

some good headphones for listening – you won't regret it!

Why are podcasts so great? Well, first of all, you can find things to suit *your* interests – from interviews with celebrities to incredible radio shows or captivating comedies. You'd be amazed at what you can find! Secondly, you can dip into them whenever suits you, so they're great for journeys and spare moments. Finally, you can even have fun learning things like foreign languages.

So, why not give it a go? Check out the most popular podcasts online and then choose whatever grabs your attention. After that, it's easy to find similar podcasts to the ones you've enjoyed. Once you get going, you won't want to stop!

3 Find phrasal verbs in the article which match these definitions.

- 1 become interested in something _____
- 2 listen to small parts of things _____
- 3 look at something to see if it interests you; examine _____
- 4 start _____

4 Read the advice in Exercise 1 again and rewrite paragraphs 1–4 in your own words to make them more suitable for an article.

- 1 Many people want hobbies that you can easily do anywhere. If that is the case for you, then it is a good idea to consider running. It is enjoyable when you become interested in it.

- 2 It isn't necessary to have much equipment – the only necessary things are some running shoes. It is a good idea to buy the running shoes at a specialist sports shop.

- 3 Running has many advantages. To begin with, it does not cost anything. In addition, you can do it alone or with other people. Although it can be difficult to begin with, once you start your fitness level will improve.

- 4 It is a good idea to try it. There are many online sites that show good local running routes. After you have started you will enjoy it.

PROGRESS CHECK

1 Complete the sentences with the words in the box in the correct form.

act out | cast | chill out | come out | flop | overcome | sitcom | trailer

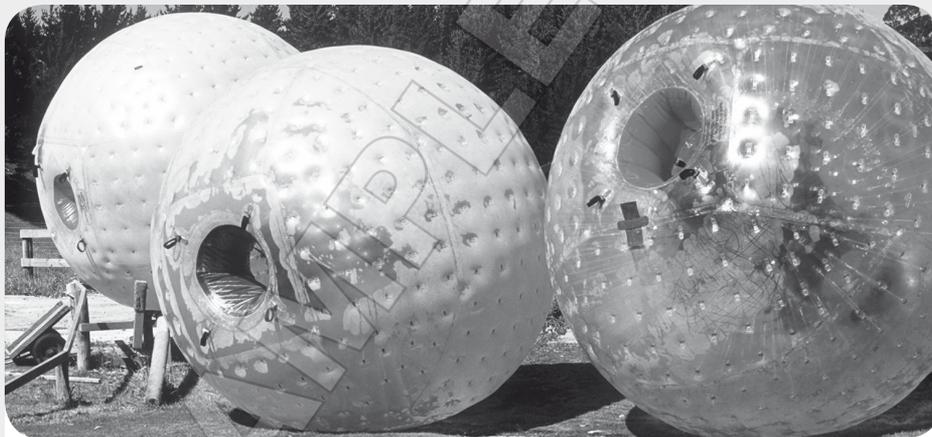
- We faced a lot of difficulties to begin with, but we _____ them with a lot of hard work.
- I like programmes that make me laugh, so I love watching _____.
- At the auditions for the play, we had to _____ a scene from memory. It was fun!
- We didn't bother going to see the film after seeing the _____, because it was so boring.
- The film was a complete _____ and the reviews were awful, so it didn't make any money at the box office.
- When I want to relax, I go for a walk – it really helps me to _____.
- The final series _____ next month. I really can't wait to see it!
- There are some really famous actors in the _____ of the new *Star Wars* film.

2 Choose the correct words.

- My friend gave me **a few** / **some** advice that was really helpful.
- I found the film funny and so did **a** / **the** rest of the audience.
- None** / **No** of the students in my class likes the same music as me.
- There's only **bit** / **a bit of** cake left. I'd better buy some more!
- All** / **All of** the people I spoke to agreed to take the survey I was doing.
- Having **the** / **-** free time is really important to help people relax.
- Every** / **Each** one of my friends does at least one sport.
- There was only **little** / **a little** time before the play started so we had to hurry.

Cumulative progress 1 2 3 4 5 6 7 8 9 10 11 12

3 Read the text below and choose the correct word or phrase to fill each gap.



I watched a (1) _____ show recently where participants had to compete at various unusual sports. The one I really fancied trying was zorbing. Zorbers are suspended inside (2) _____ giant transparent ball and roll around, usually at great speed! It's classed as an extreme sport, but it doesn't look too dangerous – actually it looked (3) _____ fun! I think I might even (4) _____ it up! While (5) _____ zorbing centres are located on hillsides or have specially built tracks, some of them are on flat land. This means that when you are in the ball or 'zorb' you can control (6) _____ speed and direction much better. There are even (7) _____ zorbing centres where you can go zorbing on water! I've found a centre near me, so this weekend I'm not going to hang (8) _____ at home as usual, I'm going to give it a go!

- | | |
|-------------|-------------|
| 1 A reality | B programme |
| C series | D broadcast |
| 2 A the | B some |
| C a | D - |
| 3 A much | B little |
| C a lot of | D many |
| 4 A have | B pick |
| C make | D take |
| 5 A most | B most of |
| C none | D neither |
| 6 A the | B a |
| C an | D - |
| 7 A few | B a few |
| C little | D A little |
| 8 A off | B on |
| C out | D in |